

Understanding Family Engagement and Motivation in a Stage 1 Obesity Intervention Program: CQI Project

PRESENTER: NADIA ZIA, M2 AT EASTERN VIRGINIA MEDICAL SCHOOL

CO-AUTHORS: AMY C. PAULSON, MPH AND AISHWARYA RAJENDRAN, MS

Background

- Obesity is a disease.
- AAP: Intensive health behavior and lifestyle treatment – Stage 3



LittleSteps4Health (Stage 1)

Week 1: What's in a Drink?



Step of the Week

This week's lesson is to help your family:

- Better understand what is in your favorite drinks

Did you know?

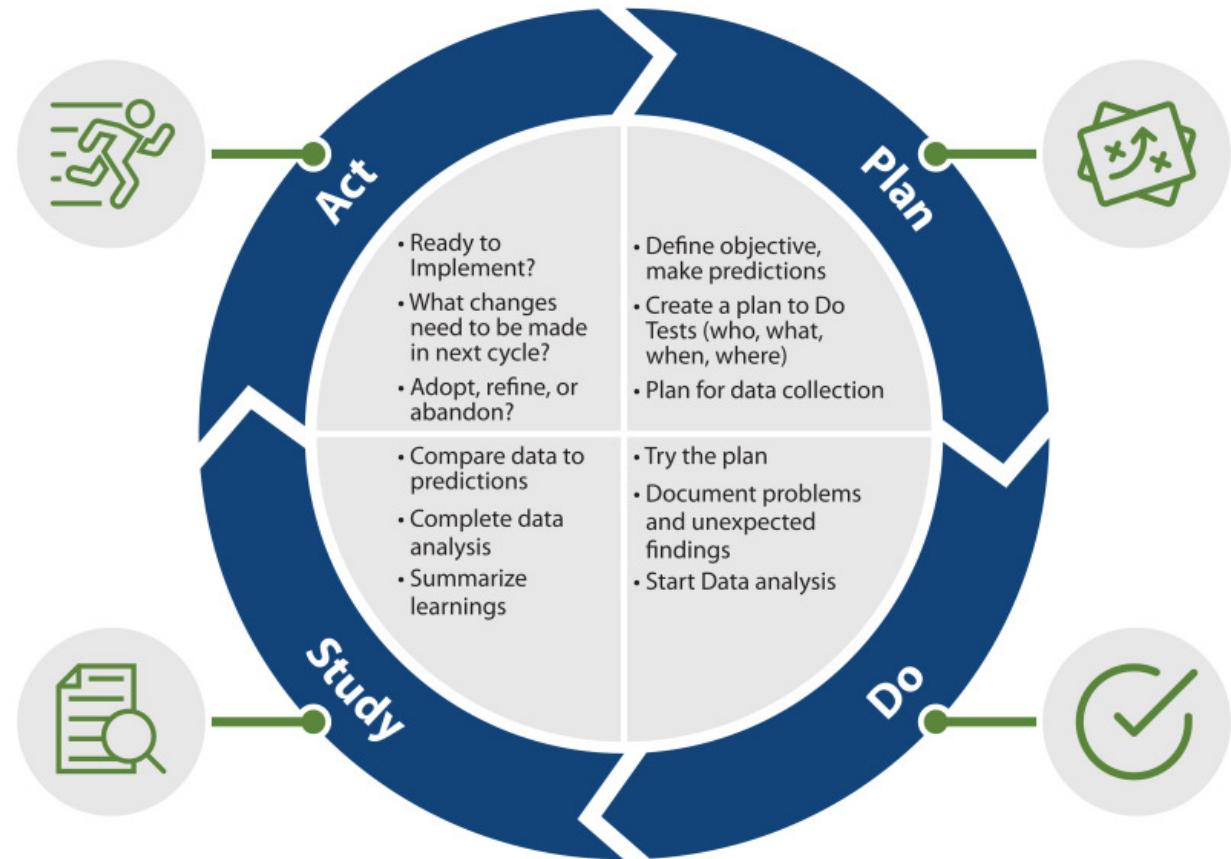
- One 20 oz. bottle of Cola has 240 calories and 65 grams of sugar. That is equal to about 16 packets of sugar!



Methodology

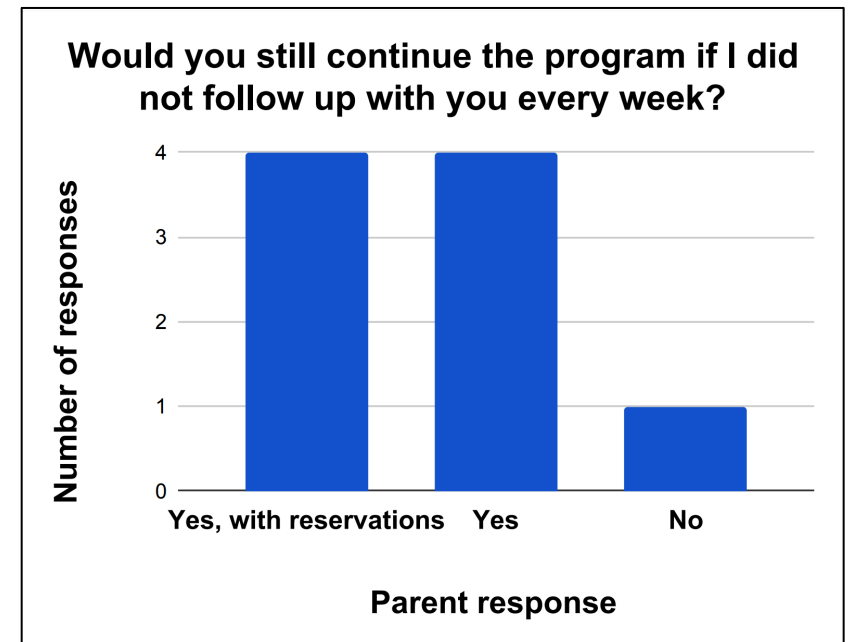
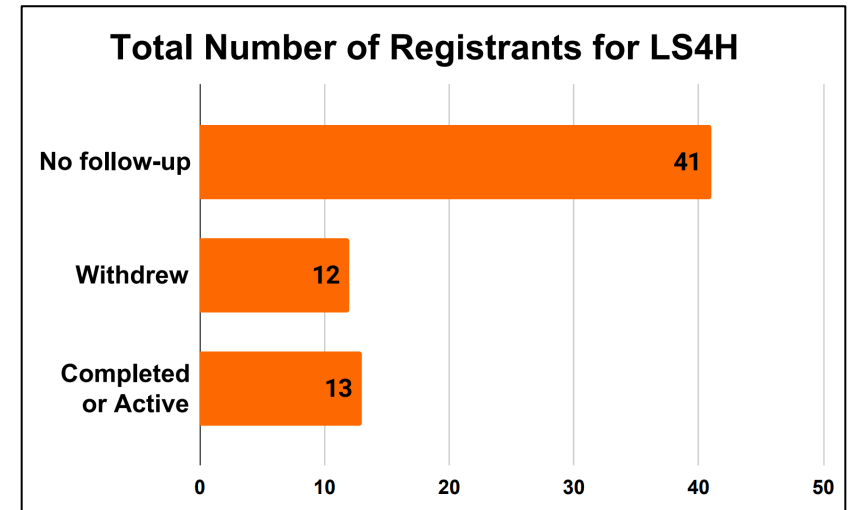
Plan-Do-Study-Act Model

1. Recruit
2. Register families
3. Obtain feedback
4. Analyze responses
5. Determine feasibility of **LittleSteps**



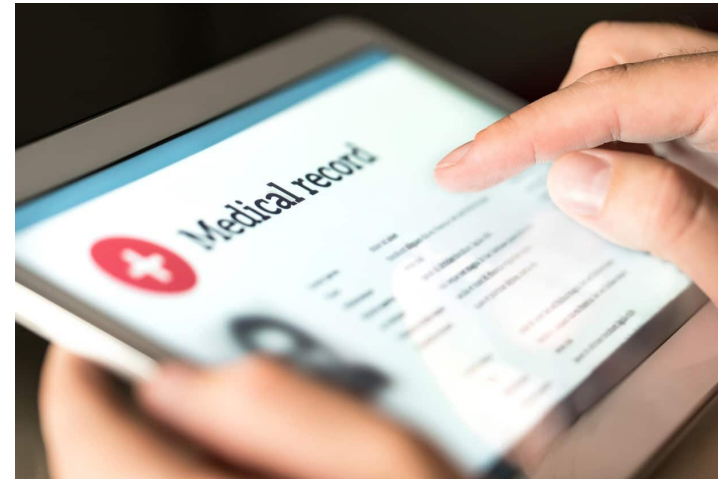
Results

Module N=84	Module objective	Theme
M1 “What’s in a Drink?” (n=22)	Raise awareness of sugar in favorite drinks	<ul style="list-style-type: none"> • Greater awareness of how much sugar is in drinks with the help of module activities • Behavior changes resulting in a decrease in sugary drink consumption and an increase in water consumption
M2 “Let’s Move!” (n=17)	Increase physical activity	<ul style="list-style-type: none"> • Appreciation for the rainy day/indoor movement suggestions • Biggest challenge is finding time and motivation to exercise
M3 “Are you really Hungry?” (n=11)	Understand and identify intuitive eating	<ul style="list-style-type: none"> • Learned to listen to satiety and hunger cues • Difficult for some children to describe or determine these cues
M4 “Happy Meals” (n=13)	Incorporate food groups and apply portion sizes	<ul style="list-style-type: none"> • Enjoyed content and information, such as the difference between serving and portion size • Difficulty adapting to smaller portion sizes
M5 “Smart Snacking” (n=11)	Learn and practice healthy snacking habits	<ul style="list-style-type: none"> • Enjoyed content and snacking chart • Implemented portion sizing and controlled mindless snacking
M6 “Veggie Tales” (n=10)	Discover new ways to eat more vegetables	<ul style="list-style-type: none"> • Enjoyed activity 1 (listing veggies) or activity 2 (food scientist) • Learned to implement veggies in diet or try a new vegetable



Conclusion

- The majority of families from each module were successfully able to set goals and change behaviors related to their goals.
- Promise in terms of increasing knowledge and awareness for certain health topics.



Resources

Goodrich, D. (n.d.). *Figure 17, Plan-Do-Study-Act Cycle for Iterative and Continuous Learning - The QUERI Roadmap for Implementation and Quality Improvement - NCBI Bookshelf*. <https://www.ncbi.nlm.nih.gov/books/NBK566217/figure/ch3.fig7/>.

Hampl, S.E., & Hassink, S.G. (2023, January 9). AAP's first clinical practice guideline on obesity advises early, intensive care that focuses on 'whole child'. *American Academy of Pediatrics News*. <https://publications.aap.org/aapnews/news/22965/AAP-s-first-clinical-practice-guideline-on-obesity?autologincheck=redirected>.

Hampl, S.E., Hassink, S.G., Skinner, A.C., Armstrong, S.C., Barlow, S.E., Bolling, C.F., Edwards, K.C.A., Eneli, I., Hamre, R., Joseph, M.M., Lunsford, D., Mendonca, E., Michalsky, M., Mirza, N., Ochoa, E.R., Sharifi, M., Staiano, A.E., Weedn, A.E., Flinn, S.K., Lindors, Jeanne, & Okechukwu, K. (2023). Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity. *Pediatrics*, 151, (2). <https://doi.org/10.1542/peds.2022-060640>.

Hampl, S.E., Hassink, S.G., Skinner, A.C., Armstrong, S.C., Barlow, S.E., Bolling, C.F., Edwards, K.C.A., Eneli, I., Hamre, R., Joseph, M.M., Lunsford, D., Mendonca, E., Michalsky, M., Mirza, N., Ochoa, E.R., Sharifi, M., Staiano, A.E., Weedn, A.E., Flinn, S.K., Lindors, Jeanne, & Okechukwu, K. (2023). Executive Summary: Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity. *Pediatrics*, 151, (2). <https://doi.org/10.1542/peds.2022-060641>.

Plan-Do-Study-Act (PDSA) Directions and Examples. (n.d.). Agency for Healthcare Research and Quality. <https://www.ahrq.gov/health-literacy/improve/precautions/tool2b.html>.

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